

PRODUCTS BASED ON FLAX AS A VALUABLE FOOD INGREDIENTS



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Flax (*Linum usitatissimum* L) species name meaning "most useful"



Flax is one of the major oil-producing plants, used in the food industry.

It is an important functional component of food with significant content of:

α -linolenic acid (ALA)

ω -3 fatty acids

lignans

fiber

Potential source of

antioxidants

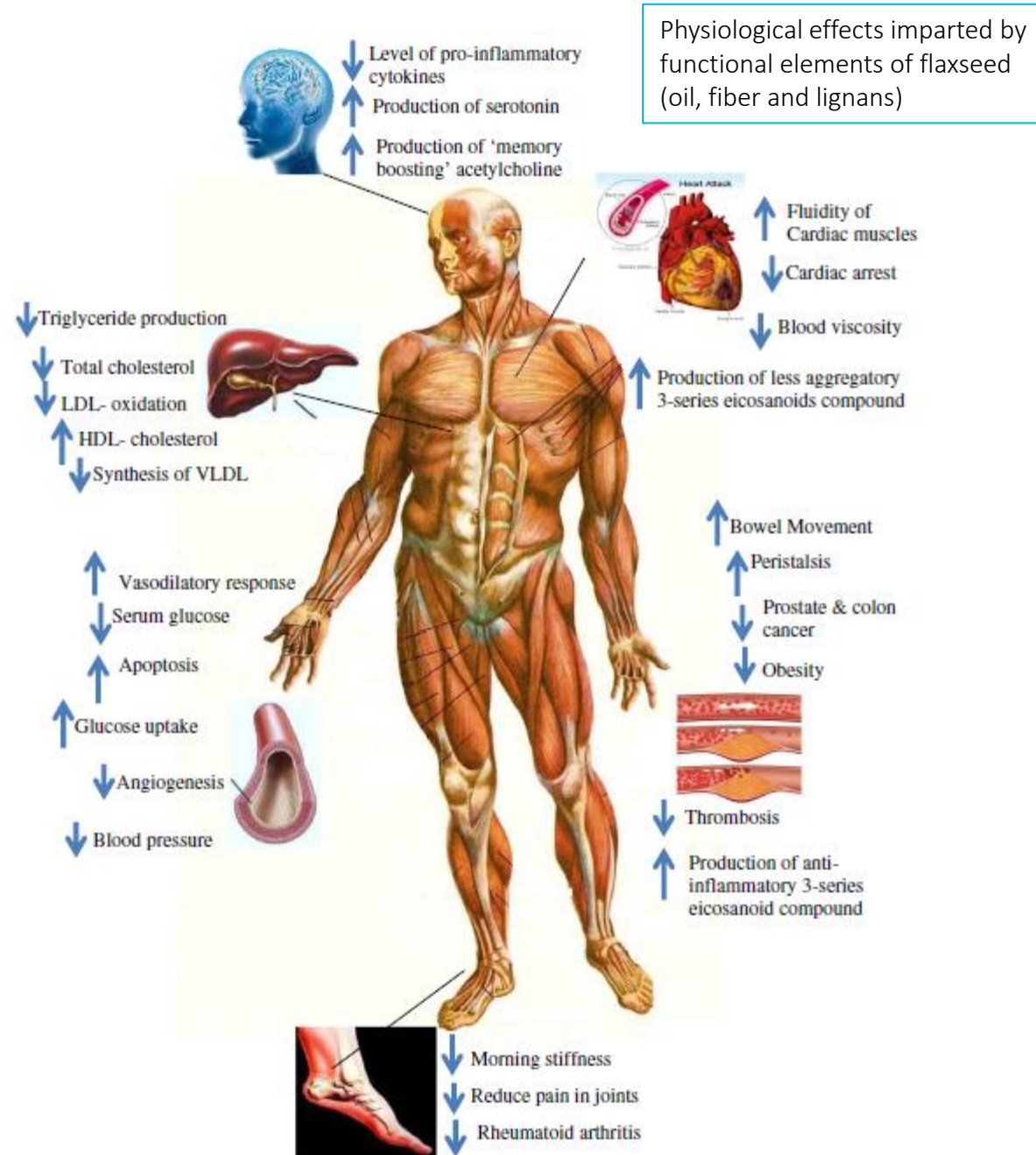
proteins

Flax seeds have a huge potential in prevention of:

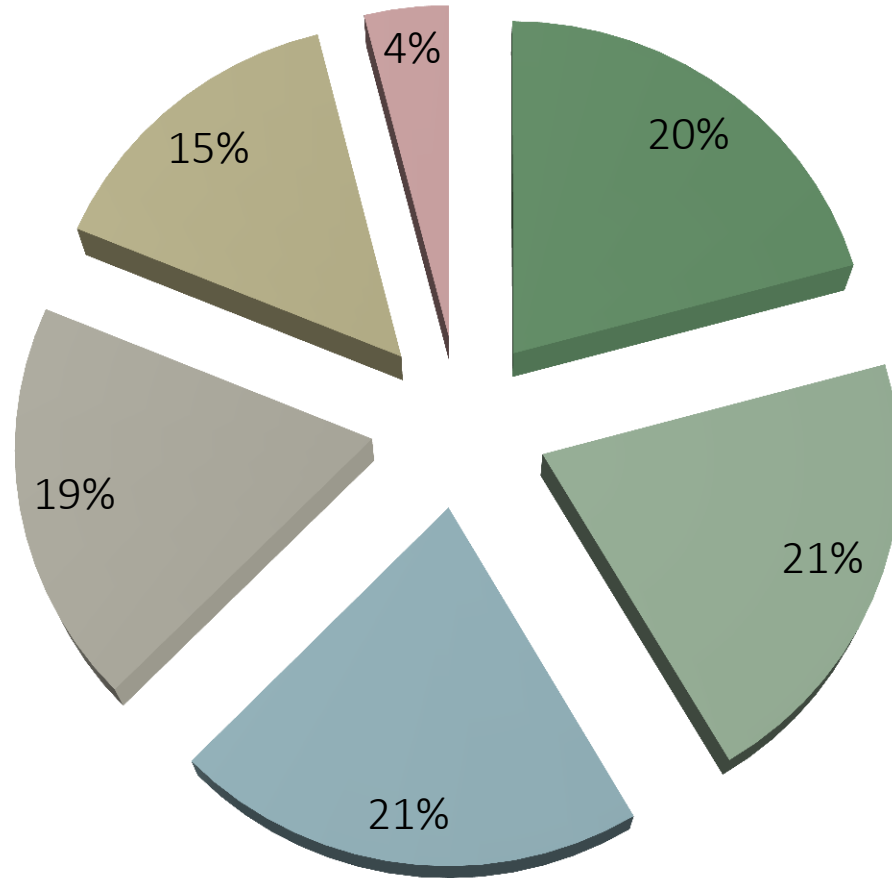
- cardiovascular disease
- renal disease
- diabetes
- atherosclerosis
- constipation
- obesity
- cancer (breast, colon, ovary and prostate)
- inflammation
- osteoporosis
- arthritis

Flax also controls:

- reproductive functions
- regulates sleeping cycle
- menstrual cycle
- relieves stress



The Polish market of products from flax (%)



■ flaxseed



■ products with the addition of flax



■ food supplements, medicinal products, foodstuffs for particular nutritional uses



■ flaxseed oils



■ flax powder



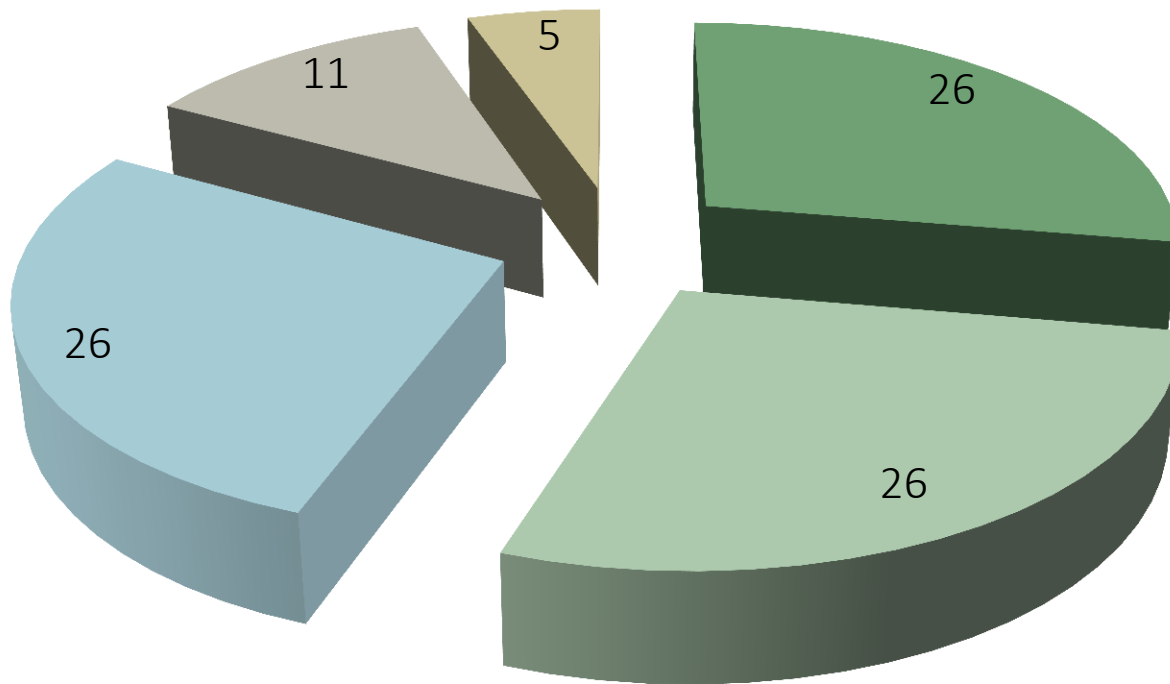
■ other products of flax



Based on the analysis of the Polish market of products from flax, there were 91 products's data collected, many of which were food products, medicinal products, food supplements and foods for particular nutritional uses

Type of products with the addition of flax

Type of products with the addition of flax (%)



■ bread



■ blends with flax



■ snacks



■ bars



■ breadcrumbs



Other products from flax

There were also other products from flax, apart of flaxseed, flaxseed oil and flax powder, in such forms as:



flax flakes

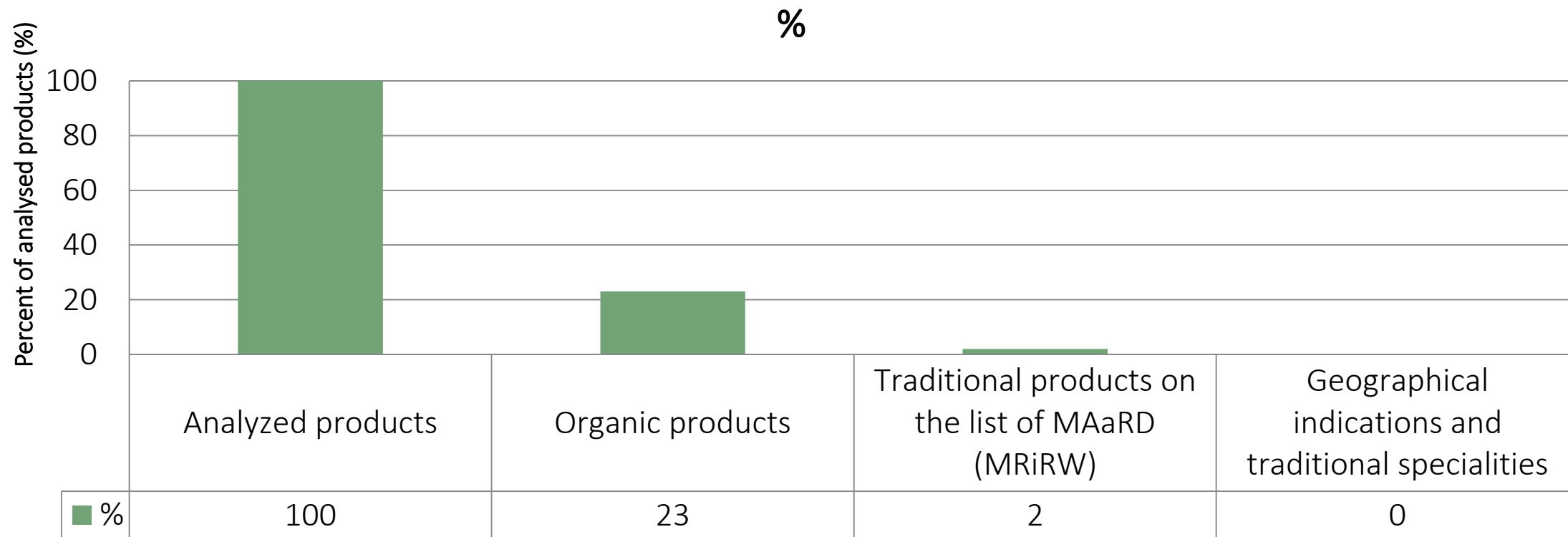


flax flour



porridge with
flax

Analyzed products based on flax on the Polish market



traditional Grater Poland flaxseed oil



Summary

Flax improves the nutrient profile of foods by increasing the content of ω -3 fatty acids and other bioactive compounds.

Should be used by producers more often to increase the availability of healthy food products among consumers, especially by promoting it as the functional ingredient in food and traditional product.



Thank you for
your attention